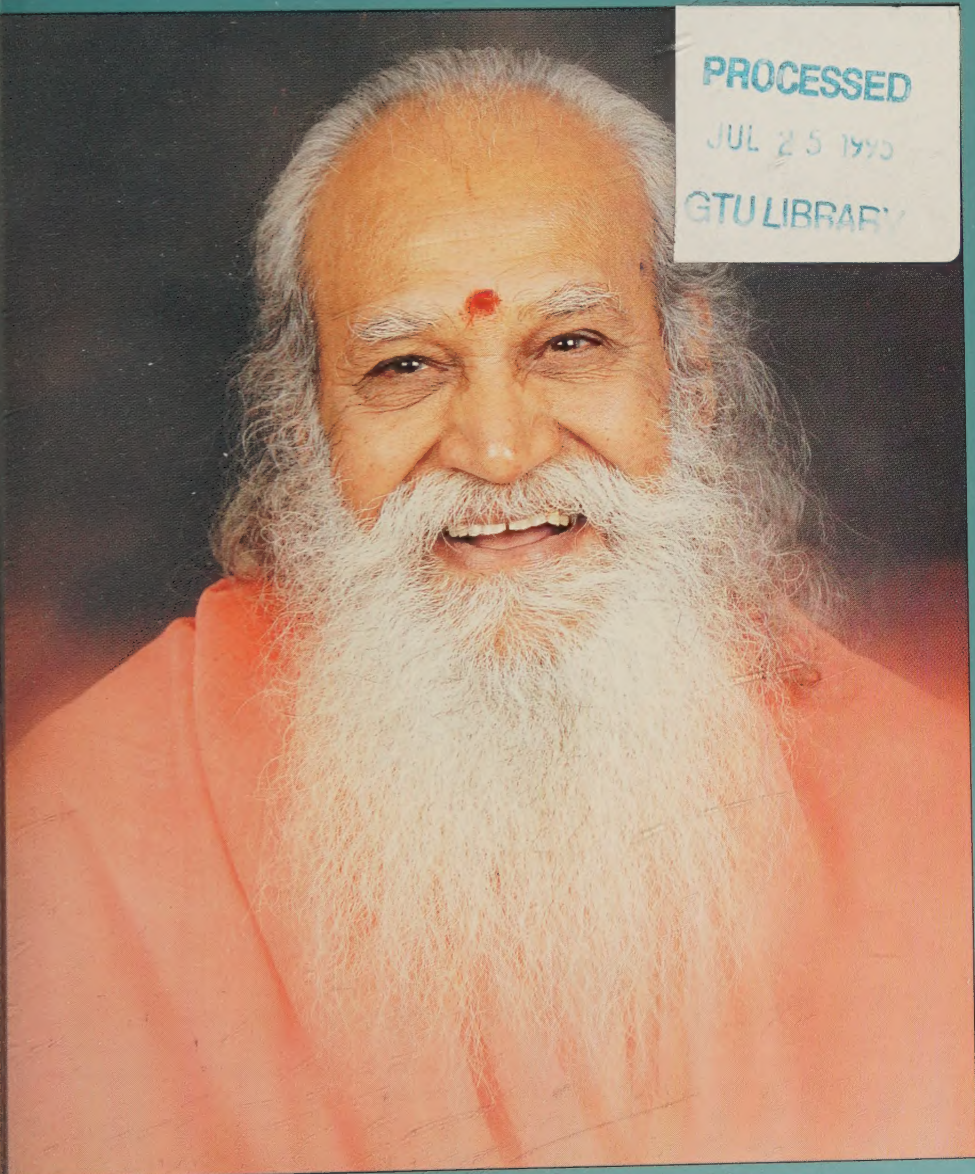


YIntegral Yoga®

THE TEACHINGS OF
SRI SWAMI SATCHIDANANDA

Spring/Summer
1995 \$3.75



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Special Guru Poornima Double Issue

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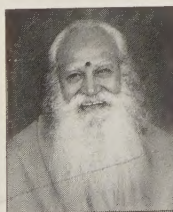
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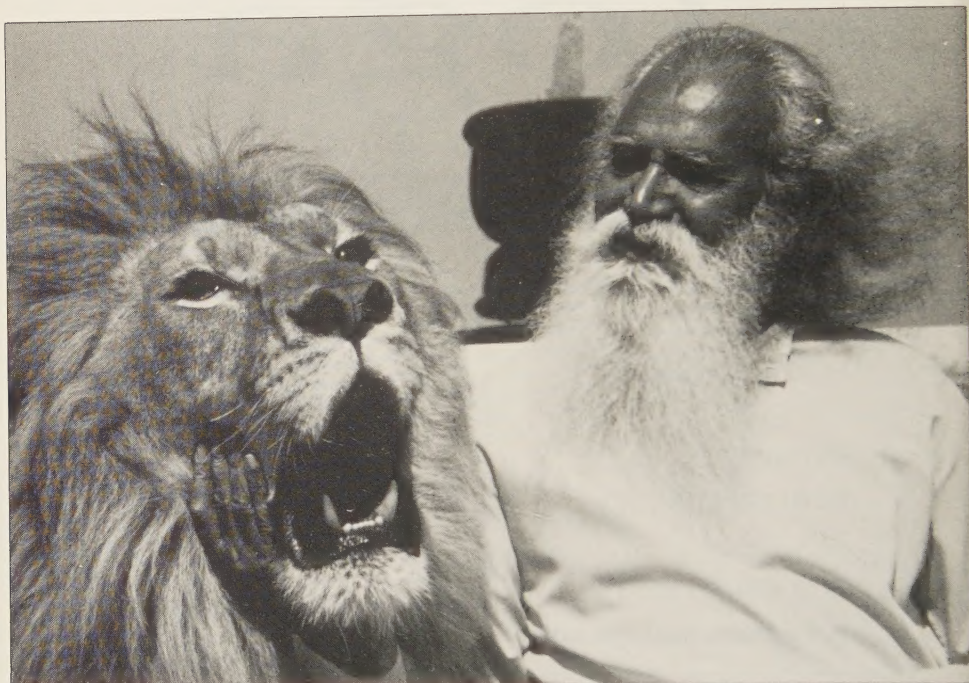
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K. Maruthachalam

Dedicated to His Holiness Sri Swami Satchidananda Maharaj



When the discerning mind (*budhi*) is no longer attached to the fruits and the egoistic self (*jivatma*) no longer predominates because personal desire is gone, by this renunciation you rise to a supreme state of perfection which is freedom from [the effects] of all actions.

—*Baghavat Gita* (XVIII, 49)

We humbly and joyfully offer this issue of *Integral Yoga* magazine
in honor of the anniversary of Sri Gurudev's
twenty-nine years of service in America
and the auspicious occasion of Guru Poornima 1995.

*Set in the Bhujanga metre of a serpent-like course,
may this Hymn of Praise be coiled round thy lotus feet in honor of thy 80th jayanthi.*

*Eight is the number for infinitude as embodied in thee.
Zero means all else is naught. May we realize that by thy grace.*

*With gratitude and pranam,
Swami Yogananda
Kaivalya Ashrama, France*

Hymn of Praise to the Holy Master

1. The compassionate Guru whose nature is Satchidananda,
the abode of virtues, praiseworthy, beyond *gunas*, primeval,
dispelling ignorance, delighting in right knowledge,
the embodiment of good conduct, him I ever remember.
2. The worshipper of Lord Siva, who is smeared with ash lines,
who is dispassionate, free, absorbed in austerity and Yoga,
That disciple of Master Sivananda, absorbed in Lord Siva's bliss,
feeling love for the Lord Siva, with joy I meditate about him.
3. He whose mind is always pure and controlled,
who is free from sorrow, delusion, sin and fear,
Who is peaceful, ever self-restrained, without attachment and
endowed with non-injury and the like, that Great One I praise.
4. He who is neutral, who is seated in the Lotus of bliss,
bestowing knowledge, saintly, the source of bliss,
That Teacher who is humble and most blissful,
very wise and profound, wisely I think of him.
5. Having realized the Self that is one and the same in all,
he who sets all the seekers of liberation free,
That Great Soul whose nature is the Self, who is serene, and
who discards the non-Self, I worship that Royal Swan.
6. Affording refuge, worshipful, he whose mind is highly auspicious,
who relieves the distress of suppliants and takes away mine-ness,
That good-hearted Guru who is the same towards friends and foes,
I take refuge in him of Holy Feet, worthy of bow by disciples.
7. Prostration unto thee, Yogiraj SATCHIDANANDA!
Prostration, showerer of abounding compassion!
Prostration unto thee, whose Lotus Feet are ever worshipful!
Prostration, prostration unto thee, embodiment of good conduct!
8. Propitious, be thou propitious, O Master! Fullfilled Yogi!
Propitious, be thou propitious, Benefactor of the suppliants!
Propitious, be thou propitious, Abode of a peaceful mind!
Propitious, be thou propitious, Bestower of Grace!



INTEGRAL YOGA® AND YOU

INTEGRAL YOGA® Magazine is the official organ of the Integral Yoga Institutes, Teaching Centers and Satchidananda Ashrams. In these centers the Integral Yoga teachings of Sri Swami Satchidananda are lived and shared. The centers offer ongoing programs in the various branches of Yoga—including Hatha, Raja, Karma, Bhakti and Jnana Yoga - as well as instruction in yogic diet and other related topics. There are open classes, courses, teacher training programs, universal worship services and retreats for both beginners and more advanced students. Resident programs, providing an opportunity to experience total yogic living, are also available.

A wide range of guest programs are offered at the Ashram in Buckingham, Virginia. Located at the Virginia Ashram are: the Audio-Video, Publishing and Distribution departments, the Fine Arts Society, the elementary school, an affiliated Credit Union, and the international coordination offices for all Integral Yoga centers.

The LOTUS (Light Of Truth Universal Shrine), a shrine dedicated to the Light of all faiths and to world peace, is open to the public and is located in Yogaville, Virginia.

For more information, to arrange an Integral Yoga program for any group, or to be put on our mailing list, please feel free to contact any of the centers listed inside the back cover of this Magazine. We are here to serve you.

Letters to

The following letters represent a sample of the many birthday greetings received by Gurudev during his eightieth Jayanthi, December 1995.



Happy Birthday!

We are delighted to join your friends and family in congratulating you on this special day. As you look forward to the year ahead, please accept our best wishes for good health and much future happiness.

Bill Clinton
Hillary Rodham Clinton

Dearest Swamiji,

Understandably, your telephone line is constantly busy on this great day—I've tried some two dozen times. So, I'm resorting to this fax message.

These eighty years of your life have been a great gift to countless people; I consider myself blessed for being among those many and thank God on this day. But I'd like to thank you, too, Swamiji, for all you have been to me in the many years we've known one another and for the gift of your friendship. May God continue to grant us this gift for a long time, until it is lifted beyond time into the lasting Now.

You were born with the return of the light, after the winter solstice, Swamiji. May your light among us continue to shine for a long, long time; that's my prayer.

With a deep bow and much love—
Shanti, Shanti, Shanti.

Your Brother David
New Camaldoli Hermitage
Big Sur, CA

Sri Gurudev

Dear Swamiji,

I send greetings and best wishes to you and those who gather with you in celebration of your presence among us for eighty years.

It is a welcome opportunity for each of us to pause in appreciation of what you have offered. Upon reflection, we must conclude that there are other significant numbers in these eighty years of a life well lived.

How many lessons have you imparted and how many have been taken to heart, in order to be shared with others? How many principles will spread from eighty drops of water, and will their emanation ever fully subside?

How many steps in service have you guided? How many people have you encountered in a state of imbalance or isolation? How many have moved toward a gathering in harmony and peaceful purpose because of your vision and labor?

Please accept my thoughts and admiration on this important day of celebration for the untold works and innumerable kindnesses that comprise the number of years in your life.

Sincerely,
F. Payne
Congress of the United States
House of Representatives
Washington, D. C.

Dear Swamiji and my dear brother in the service of God,

I rejoice and feel honored to participate, albeit at a distance, in the celebration of your eightieth birthday.

The years have brought us close together as our ideals and objectives seem to merge and correspond into the message of divine unity.

Yours in affection and fellowship in service,
Rafi Vilayat Inayat Khan
Rafi Order
Seattle, WA



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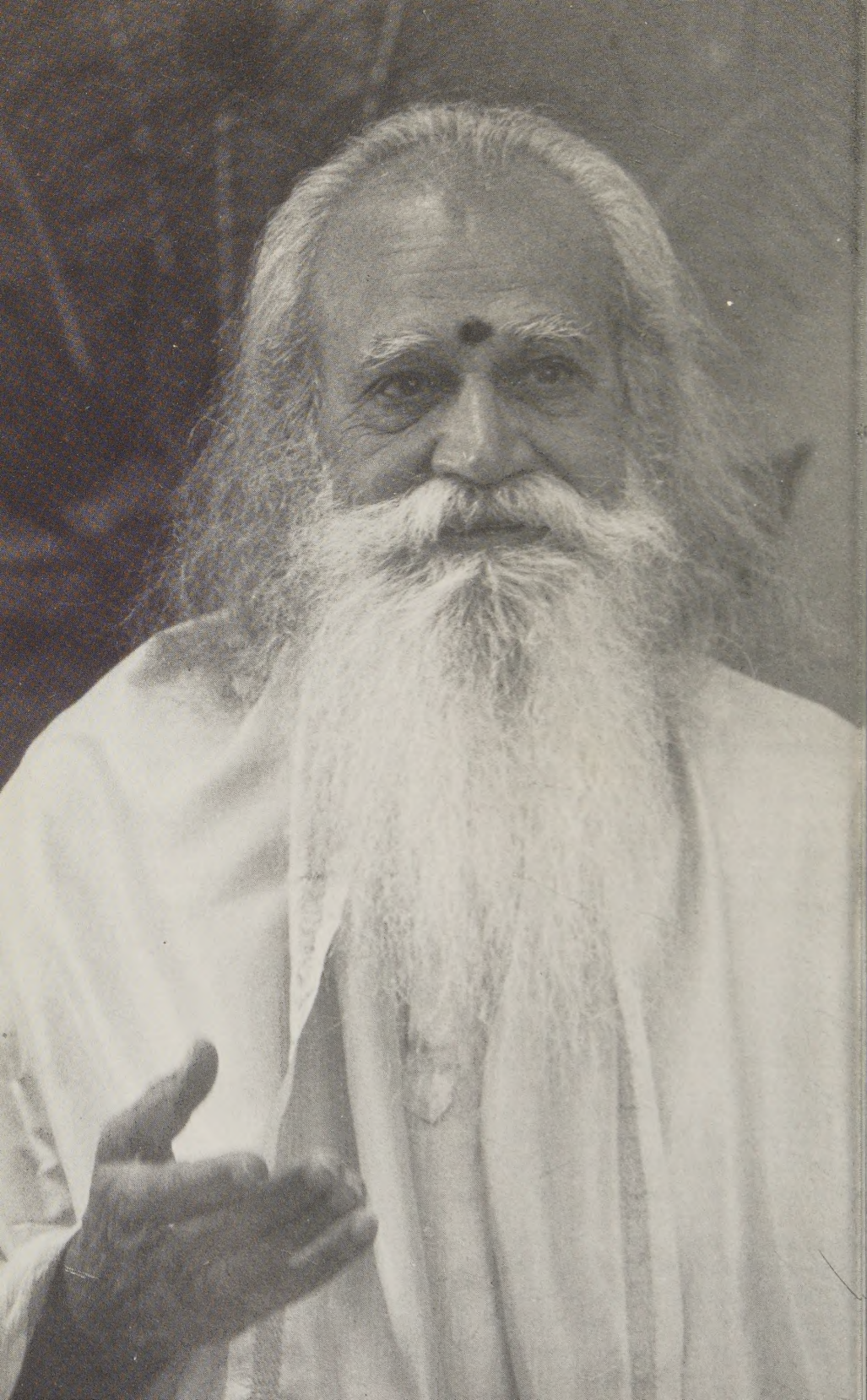
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SRI SWAMI SATCHIDANANDA

(called "Sri Gurudev" by his students) is a master of Yoga, a world spiritual teacher, and Guru of the students of Integral Yoga. Dedicated to the ecumenical movement, his motto is: "Truth is One, Paths are Many." His main residence is in Buckingham, Virginia. In response to invitations from all around the globe, Sri Gurudev travels widely. Through every possible medium—lectures, conferences, radio, television and newspaper interviews, books and visits to centers around the world—he shares his knowledge in the fields of education, religion, health and Yoga.



Satsang

with Sri Gurudev

Question: Is there any purpose or meaning to this life? If the answer is "yes," then what is the purpose?

Sri Gurudev: You will find the purpose yourself when you remove your little identity. Probably, you can find the answer very well in the world, in all the species, with the exception of human beings. Don't try to learn from human beings, at least for now. Everything else seems to be fulfilling a purpose. What is that purpose? They are not here for themselves. Their existence is not for themselves. They have sacrificed their "I," "me," "mine." You can take anything from them.

Sacrifice is the law of life; everything exists for others' sake. That's why they don't need religion, they don't need dogma, they don't need churches, synagogues and temples. They don't need preachers. They're happy, contented because their life is dedicated. They don't like to grab anything for themselves. Only human beings seem to want everything for themselves. You may pose a question, then: "Why are human beings made that way?" After all, God created human beings. After having created all other things, He thought, "Now I can create the crest jewel of my creation." And that's how He created human beings.

But what is happening with humans? And is it their fault? They could be living like animals and plants., but God didn't want it

that way. Animals and plants are born with their peace; their happiness is given to them, automatically. They are happy because they lead a dedicated life. But, they don't seem to enjoy that, because you don't enjoy what you haven't earned. If something comes to you for free, you don't appreciate it much. To

appreciate something, you have to work hard to get it yourself. So, in creating human beings, God resolved: "I am not going to put happiness in their minds.

They will have to work hard to get it, so I am going to hide it somewhere. And where did God decide to hide that happiness? God decided to hide it in the human being's own heart. For God knew that after searching, after looking everywhere every human would finally say one day, "I am sick and tired of running after everything." God knew that when human beings got to that point, they would be ready to look within.

To summarize, our purpose is to forget ourselves completely, to renounce completely and to think of others—to sacrifice. That's why we are given this body, this mind, the senses; everything is to be utilized in the service of others. This birth is given to us so that we can serve others. If we carefully think about it, we realize that nothing belongs to us. It is all given to us. What for? To be utilized in the service of others, not for ourselves. That is the purpose of life. After running enough, after getting tired and sick, people turn to this truth. ■

Sacrifice is the law of life; everything exists for others' sake.

*Father, a needy one before Thee stands. I am he.
—Omaha*

God's Holy Flute

by Swami Satchidananda

The following is the closing message given by Sri Gurudev during the morning program of "Feel the Spirit, Heal the World," the celebration honoring his eightieth birthday and life of service.

There is a prayer at the beginning of the *Bhagavad Gita*; it is a salute to that Great

One who can do miraculous things because the word "impossible" doesn't exist in God's dictionary. He is the will of all. A proverb re-

peated in South India, in the Tamil language, is: "A great swordsman need not have a sword to fight; he can take a blade of grass and win the war." Why? Because he's that great of a hero.

In my own life, I see how that's true. God has picked up this blade of grass, dried grass, and He seems to be winning the war. I don't hesitate to tell audiences wherever I go that I'm not very literate. I don't read much; I don't write, even though they say that I've written some books. I don't read. I don't write. I don't think. Right now,, I don't know what I'm going to say. I have nothing to prepare because I know that someone is going to make me talk. I'm the speaker of the morning; somebody speaks through me. All I know is that I know someone is doing it.

I'm glad that I don't read much. I just want to be a humble instrument in the hands of God, like the hollow, holy flute of Lord Krishna. The flute is just a reed with lots of holes—that's why it's called *holy*. The flute gets the kiss of the Lord. He puts his lips on

it and blows through it.

As human beings, we first have to feel the Spirit working through us. If you experience and gain that knowledge, then you've gained spiritual vision. In people, animals, plants, atoms, feel the spirit everywhere. Spiritual understanding begins with you. Didn't God say that, that He made man in

His own image?

In a way, it should be said that God made everything in His image.

The purpose of all religions is to teach you how to

feel that Spirit within you. The Bible says that our first and foremost duty is to seek the Kingdom of God, and, then, everything will be added unto us. Where is that Kingdom of God? It is within you, and all things will be added unto you. You don't even have to do anything but look within. If you don't realize that there's one Spirit, then you're nothing.

Look at all the improvements, discoveries, and inventions in this world. Great achievements. For example, atomic energy. But how are we handling it? All these achievements and advantages are not bringing harmony and peace between us. We're polluting the land, the sky and the water. Why? Because we don't realize the oneness of the Spirit. And that is what is to be sought first. If I feel that I can see that same Spirit motivating everyone, then I can see you as myself. That's the only way to heal the globe, and that is the purpose and the teachings of all religions.

All spiritual practices are aimed toward

cleaning our minds and bodies. "Blessed are the pure in heart," and "heart" means mind and body. What happens to that purity, the pure heart that we all came into the world with? Slowly, selfishness crept in, the "I," "me," "mine," the wanting something for *myself*. It is this that we must sacrifice: the "I," "me," "mine." That's why Abraham sacrificed Isaac. The meaning of "Isaac" is that the *I* should be sacrificed. Abraham thought that the boy, Isaac, was his and not God's.

In our own lives, how many things do we call *mine*?" Too many *mines* around you ready to explode. Change the *mine* to *thine*, just using things without any attachment. If the attachment is not there, then the mind is clean and you have no reason to get disturbed.

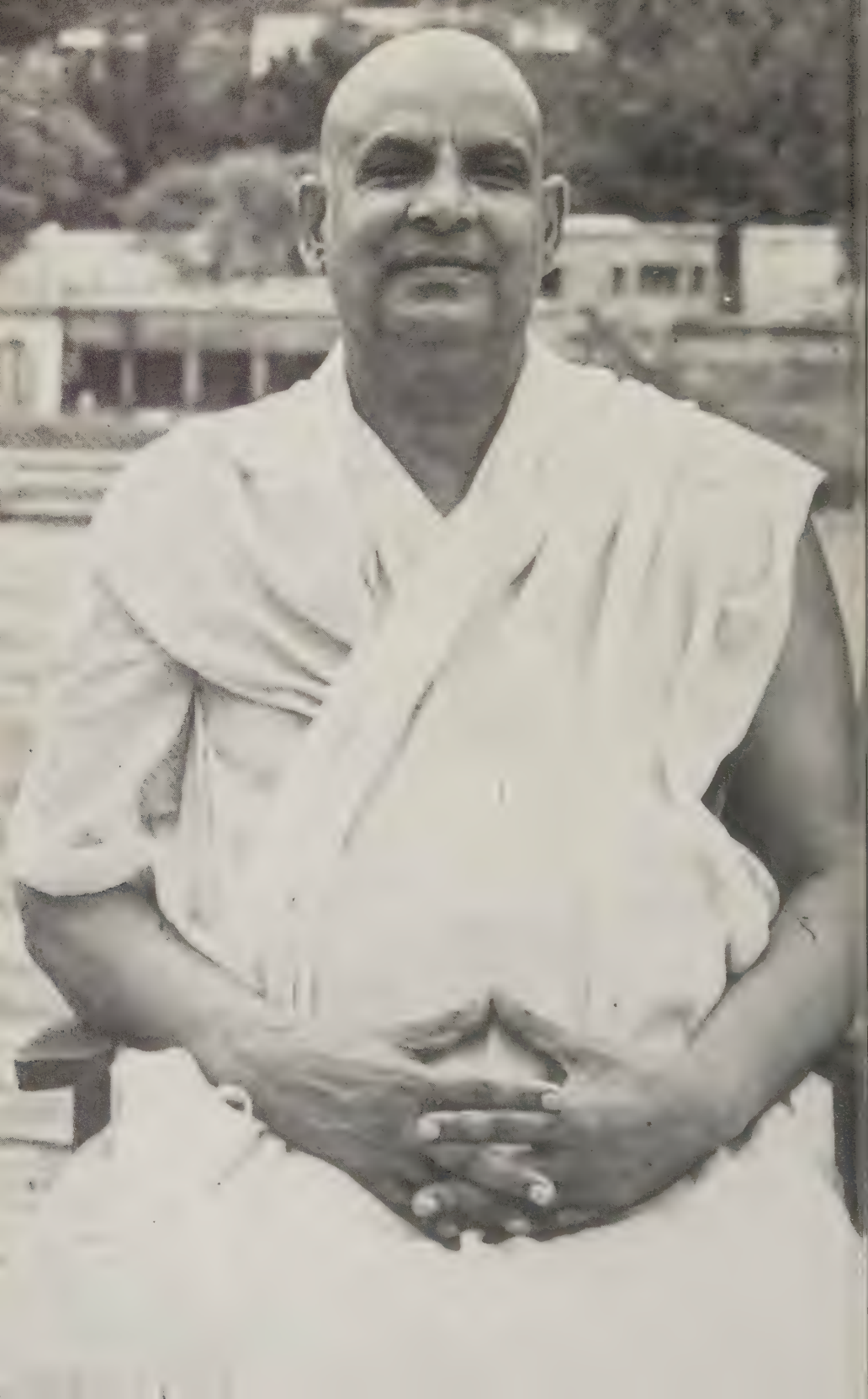
Be selfless.

By sacrificing the "I," "me," "mine," you get eternal peace. Use all that the Lord provided you with for the benefit of all humanity. Why do so many peace talks fail? Because each group wants something for its own country. Instead, we must think of the whole globe. Our mission should be broadened, not narrowed.

Be selfless. Then the mind becomes pure, and in that crystal-clear mind, you can feel the Spirit. That's the only way. First, let us do that, and then the world will be healed. You don't even have to go out. Everyone around you will feel that peace. Let that be our goal.

Thanks to you for coming to feel that and to all the people who came to speak. Let all the prayers go to that Player who is playing in everyone's heart. ■





Saints

by Sri Swami Sivananda

A saint is a God on earth. To him [or her], the whole world is mere straw. To him, gold and stone are alike. To him, pleasure and pain are the same.

A saint lives in God. He has realized God. He knows God. He has become God. He speaks of God. He shows the way to God. He is God-intoxicated. He is God Himself. He is one with God.

Saints are God's agents on earth. God reveals Himself in saints in His full glory, infinite power, wisdom and bliss.

The saints constitute a ladder for the pilgrims to the shrine of God. Wherever saints and sages stay, even for a half-second, these places become sacred. A saint is a blessing on the earth. Saints are the living symbols of religion and are the true benefactors of humanity. Throughout history saints have played a great part in preserving spiritual values in the world.

A saint is a spiritual washerman. He applies the soap of devotion and knowledge, removes the spots of sin in worldly people. In his presence, human beings become holy.

The moment the mind thinks of a sage, immediately all evil desires, base passions, are brushed aside. Meditation on the lives of saints is equal to holy company. Study of their teachings is equal to holy company. To think of the lives of saints, to live in their company, to have the good fortune of receiving their blessings is to draw forth upon yourself a shower of purity, inspiration and divine consciousness.

The nature of a saint

A saint is free from I-ness and mineness.

He is free from lust and greed. He loves all beings as his own Self. He is endowed with dispassion and mercy. He speaks the truth and serves all. He ever meditates on the Lord. He does not speak ill of others. He has equal vision. He sees Devi, or Mother in all women.

He is ever joyful and peaceful. He sings the glory of the Lord. He has divine knowledge. He is fear-

less and generous. He never begs, but gives. He is majestic and lordly. Such a one is rare in the whole world. He is not easily found. He is not born everywhere.

Love is the very breath of a saint. Mercy is his very nature. His heart overflows with compassion. He does not look to the faults of others. He returns good for evil and blesses those who curse him.

The heart of a sage is a flame of love, and his whole being thirsts for the uplift of suffering humanity. He forgets himself utterly and lives but for the sake of others.

A saint sees the whole world as the projection of his own soul. A sage sees unity in diversity. He becomes one with the whole world. A sage is a youth amongst the youth, aged amongst the old, brave amongst the brave, a child amongst children. He feels the pain and suffering of the sufferers.

The life of a saint

The life of a saint is plain, simple, and attractive. It is full of grace. It is methodical. A saint is ever of good cheer. He knows no ill of life. To him, life is joy. He experiences no trial of misery. He is fearless. No monarch has sway over him.

The life of a saint is always a life of

quiet, of indrawn stillness, of solitude and aloofness. He is untouched by the changes of the world. No external happening can shake him off his balance. He is centered in his own *Atman*, or Absolute Consciousness.

A sage is desireless, and so he is ever happy. A king possesses everything, and so he is happy. But the happiness of a sage is infinite, because he lives in his own *Atman*, the ocean of *Brahmic* Bliss. A king is full of fears and worries. He is afraid that his enemies will conquer him one day, and so he is restless and miserable. The happiness of a liberated sage is not sensual pleasure. It is *Atmic* Self-Bliss. He enjoys the whole world simultaneously as the Self of all objects. His happiness is not in time. It is transcendental bliss.

A sage alone is really wealthy. Multi-millionaires with cravings and desires are beggars. A saint is superior to an emperor, to Indra, the Lord of heaven. A sage has wakened from the dream of life. He enjoys eternal bliss. To a sage of illumination, the entire world surrenders.

A sage need not be a genius

The sage moves among humanity, but he is unseen by all people; he is taken by them as an ordinary person.

Only a sage can know a sage. He will sometimes appear like a *Sarvajna*, an all-knower. He will sometimes appear like an *Ajnani*, an ignorant person. He knows when to act like a *Brahma-nishtha* and when to behave like a fool. Do not judge him. If you approach him with the proper *Bhava*, with faith, devotion and spiritual thirst, he will impart the highest knowledge to you. If you approach him with a bad motive, he will behave like a mad man, and you will be deceived. Great will be your loss then.

A *Brahma-jnani*, or liberated sage need not be a genius. He need not be an eloquent orator, lecturer, or professor. But, he is calm, serene and tranquil. He is taciturn and silent. His silence is superior eloquence. He has equanimity and a balanced mind. He has

equal vision. He has divine wisdom and intuitive knowledge. In his presence, all doubts are cleared.

Saints have no caste

There is no caste among saints and sages. A sage is like a lion out of a cage, free from shackles of caste, creed, profession, tradition, and scripture. Do not look to the caste of saints and sages. You will not be benefited. You cannot imbibe their virtues. In higher religion, there is neither caste nor creed. Cobblers, weavers, and untouchables have become the best saints. There is no difference between a Christian mystic and a Hindu saint. Their sayings never clash. The messages of the saints are essentially the same. They have always been a call to men to discover the wisdom of the Self, or *Atman*.

Sages differ in their conduct

Knowledge is the same in all sages, but their conduct is different. Sri Vasishtha was a *Karmakandi*; he did *Havans* and sacrifices. Raja Janaka was a *Bhogi*; he ruled his dominion; he enjoyed regal pleasures. Sri Dattatreya was a wanderer; he was an *Avadhuta*, a naked *Fakir*. Kakabhusundi was a *Yogin*. Some even marry.

Sages like Dattatreya and Jadabharata roam about happily. They have neither rooms nor clothing. All dualities have become extinct. They cannot work for the well-being of the world like Raja Janaka and Sri Sankara. But their mere presence elevates people.

The other type of sage is the benevolent sage—like Raja Janaka and Sri Sankara—who works for the solidarity of the world. He has compassion for all. He writes books, conducts classes, establishes *mutts* or ashrams. You may ask: "Which of the two kinds is superior?" The answer is: "Both are on the same level."

A sage is not selfish

Ignorant people say, "A sage is attempting for his own Self-realization. He is extremely selfish. He is of no use to

society.” This is a serious mistake. A sage is the most benevolent superman. He is extremely kind and compassionate. He elevates at once all persons who come in contact with him. He finds out the deserving aspirants and raises them up through *Sankalpa Sakti*, even while remaining in a cave or *kutir* in the distant Himalayas.

A *Jnani* is not a selfish person, as worldly people think. His spiritual vibrations purify the world. His very life is exemplary and elevating. He gives hope and encouragement to others to tread the spiritual path. He is the only real lover of humanity. He feels the presence of God in everyone. He loves his neighbor as himself. A *Jnani* only does real selfless service, as he feels the presence of God in all beings. He is the real altruist and humanitarian.

Do not judge a saint

You cannot apply the wordly yardstick to measure the greatness of the saints. Do not superimpose defects on them on account of your evil eye. You cannot judge their merits.

Brahma-nishtas are like fire. They can consume anything. Their very touch purifies everything. They are beyond good and bad; they are themselves the supreme good. Do not imitate their actions. Their actions are strange and mysterious. They are beyond your intellect. If you commit theft and say, “Did not Krishna steal butter?” you will be hopelessly ruined. Krishna lifted up the Goverdhana Hill with His little finger. Can you lift even a big stone with all your strength? Follow the *Upadesa* of saints and *Mahapurushas*; you will attain *Brahma Jnana* here and now.

How to benefit by the company of saints

To benefit from the company of saints, you have to prepare yourself first. Do not go with any preconceived notion or prejudice. Go with an open, receptive mind. Go without expectations. Approach them humbly, respectfully. Assimilate what appeals to you. If some of their teachings do not appeal to you, do not

form a hasty opinion. If you do not like them, you need not take them to heart. What may be suitable to another, may not be suitable to you. Yet, with regard to broad fundamentals, there can be no difference of opinion.

When you go before a sage, do not ask him questions out of mere inquisitiveness. Sit in his presence humbly. Observe him. Listen to him without prejudice. Ask him only such questions about which you really need clarification. Ask him only pertinent questions. Do not draw him into politics or public bickerings.

Meditate in the presence of a sage. You will get inner light, which will clear your doubts.

Saints as advisers

The very company of sages and saints has a tremendous transforming effect on the lives of true seekers. It lifts them up to heights of sublimity, purity and spirituality. It does not fail to effect even the rank materialists. Every school, every college, every boarding house, every jail, every institution, every house should have a saint for the guidance of its members.

Saints and sages only can become real advisers to the kings because they are selfless and possess the highest wisdom. They only can improve the morality of the masses. They only can show the way to attain eternal bliss and immortality.

Spiritual opportunity is a rare privilege. Do not lose such opportunities. Take recourse to the company of sages and saints. One moment of company with them builds a ship to cross this ocean of life.

God is the great purifier. A saint also is a great purifier. God incarnates as saints and sages when their need is felt most. Study the lives of saints; you are inspired at once. Remember their sayings; you are elevated immediately. Walk in their footsteps; you are freed from pain and sorrow.

Seek the company of sages and evolve. *Satsanga* with sages is unfailing in its results. ■

Feel the Spirit, Heal the World

by Kumari de Sachy



This year, thousands of disciples, East and West, celebrated the eightieth birthday and the global service of their beloved spiritual master, Sri Gurudev Swami

Satchidanandaji Maharaj. Major programs were held both in the United States and in India. The following article presents some of the highlights of these festivities.

UNITED STATES

Charlottesville, Virginia

On Saturday, 3 December 1994, hundreds of devotees from all over the world assembled in Charlottesville, Virginia, to participate in the gala celebration of global harmony through spiritual unity that was held in honor of Sri Gurudev's eightieth birthday. The program was divided into morning and evening sessions.

Morning

The morning program began with a welcome by the Master of Ceremonies, Rama J. Vernon, President, Center for International Dialogue. Next, Ven. Gesshin Prabhasa Dharma Roshi, Founder/Director of the International Zen Institute of America and a dear friend of Sri Gurudev and the Yogaville community, offered the invocation. In her invocation, Ven. Gesshin remarked that the highest teaching is the teaching of love. She prayed: "May the one who is the Father in Heaven of the Chris-

tians, Elohim of the Jews, Brahma, Ishwara and Shakti of the Hindus, the Glorious Primordial Buddha of Innate Clear Light, Allah of the Muslims, Ahura Mazda of the Zoroastrians, Thirthankara of the Jains, Kami of the Shintoists, Great Spirit of the Native Americans, may that One who is Mother, Father, beloved Guide and Protector, grant us peace. And may all our relations and companions, from the smallest insects to the highest level of *bodhisattvas*, attain Infinite Bliss, Infinite Fulfillment and Universal Conscious Enlightenment. Om Shanthi, Shanthi, Shanthi."

Following Ven. Gesshin's invocation, the children of Yogaville, carrying flags of many nations, led a procession of spiritual leaders who were dressed in their traditional attire. Now the tone was set for the beautiful and moving Yoga Ecumenical Service (YES).

Representing their faiths were Rabbi Judith Kahn of Charlottesville, Virginia, Bernard Tetsugen Glassman, Sensei, Abbot, the Zen Community of New York and founder of Greyston Mandala, The Rev. Dr. Clark Lobenstine, Executive Director, Interfaith conference of Metropolitan Washington, Washington, D.C., The Rev. Canon Joel A. Gibson, Subdean of the Cathedral of St. John the Divine in New York City, Shaykh Noorudeen Durkee, Khalifa of the Shadhdhuli Badawi Order, North America, Dr. K. L. Seshagiri Rao, Professor Emeritus of Religious Studies, University of Virginia, and Ven. Dhyani Ywahoo, Founder and Spiritual Director, Sunray Meditation Society, Vermont. Although he was delayed by transportation difficulties, Rabbi Joseph Gelberman, President of the New Seminary and Rabbi of the New Syna-

gogue in New York City, also participated in the morning program.

The ambience of love and reverence that enveloped the auditorium was intensified by the heartfelt songs, "White Light" and "Only Love, Only Peace," sung by Ed and Gaia Tossing of Heartsong, and by the moving rendition of "Finlandia" offered by the Yogaville children, as well as by the stirring tributes that were so lovingly presented.

Before reading The Very Rev. James Parks Morton's tribute to Sri Gurudev, Rev. Canon Joel A. Gibson poignantly described his first meeting with Sri Gurudev, which had taken place only that morning. Rev. Gibson had been perplexed as to why he had been chosen to take Dean Morton's place at a celebration for someone whom he'd never met, but when he met Sri Gurudev he felt privileged, he said, to have received that honor. Relating how he watched Gurudev taking photographs of the other clergy, Rev. Gibson affectionately observed, "He didn't just capture our image. He captured our hearts."

Rev. Gibson then read Dean Morton's glowing tribute, which began with the following sentiments: "To 'feel the spirit,' to 'heal the world.' What wonderful words to celebrate Swamiji's eightieth birthday. The great thing about Swamiji is so very simple and absolutely fundamental that any child can see it immediately. It is his radical openness to the Divine, so that he can be filled with the Spirit. By being open, he becomes a radiant being, not only feeling the Spirit and being consumed by the Spirit, but also transmitting that light and warmth to everyone around him. . . ."

The final tribute of the morning was offered by Rabbi Joseph Gelberman, Sri Gurudev's old friend and colleague in the ecumenical movement. Recalling that when one of his colleagues saw the invitation for the program honoring Sri Gurudev's birthday, he asked, "Aren't you supposed to be in the synagogue that day? It's the sabbath," Rabbi Gelberman told the audience, "Well,

perhaps this is the synagogue of the future, because today we have priests *and* we have rabbis." With his inimitable warmth and good humor, Rabbi Gelberman described his first meeting with Sri Gurudev, twenty-nine years ago, at the late Swami Vishnu Devananda's ashram in Val Morin, Canada.

As he tells it, Rabbi Gelberman went to the ashram as a Yoga student and suddenly found himself transformed into a Yoga teacher. The Rabbi explained that Swami Vishnu Devananda had chosen him to demonstrate the headstand. Knowing that he couldn't do the pose perfectly, the Rabbi asked the Swami why he had been chosen to demonstrate this pose, why he had been picked to be the teacher. Swami Vishnu Devananda explained that in his role as teacher, the Rabbi was teaching the students how *not* to do the pose!

So it was in this setting that Rabbi Gelberman first met Gurudev. And "it was love at first sight," recalled the Rabbi. "When he was silent, you could feel the silence and harmony within. What an inspiration that was. And when he spoke, there was wisdom and joy, the wisdom of the East. And it's about time that we learn that wisdom and combine it with the wisdom of the West."

Evening

The evening program brought together a star-studded cast of talented devotees. The opening song, "Spirit," was written and performed by Meera (Buffy) and Sanjay (John) Stewart, who also served as Master of Ceremonies. During the evening, we enjoyed readings by actress Diane Ladd, her daughter, actress Laura Dern, and model Roshumba, as well as a video-taped tribute by actress Sally Kirkland. We delighted in the musical offerings presented by actor Jeff Goldblum, Nirmala Heriza, Felix Cavaliere and Carole King (via videotape) and the humor of Swami Beyondananda. Another of the evening's highlights was Padmarani Rasiah's Bharata Natyam dance to Nataraja, the Lord of the Dance.

Additionally, "Toward a Better World: A Multimedia Retrospective of the Global Service of Sri Swami Satchidananda," including exclusive film footage from "Chappaqua" and of Woodstock, was shown, and the following awards were presented to Sri Gurudev: "1994 Hindu of the Year Award," presented by Dr. Seshagiri Rao, "The Paul Harris Fellowship," presented by Mr. Nanak Hemrajani, and "The Preventive medicine Research Award," presented by Dr. Dean Ornish.

Among the many well-wishes who offered tributes to Sri Gurudev was Brother David Steindl-Rast, OSB, who has been a colleague and close friend of Sri Gurudev and the ashram for many years. Inspired as we all are by the life and service of Sri Gurudev—and echoing the feelings and experiences of so many people all across the world—Brother David proclaimed: "It was one of the great privileges in my life to meet Swami Satchidananda soon after he came to this country. We have been working together, and, especially, we've been working together for ecumenism. Yet, with all the many accomplishments that I've heard and seen written about this evening, the one that means most to me is not the many commitments and meetings that Swamiji has attended in the field of ecumenism. As Thomas Merton once said, 'Bring together within ourselves the poles that we want to unite and, then, ecumenism will come about.' And I have seen Swamiji do that. That is really the decisive thing."

Finally, this special program honoring our beloved Sri Gurudev concluded, most fittingly, with a song that was written some time ago by Nirmala Heriza and Meera Stewart and which has become the unofficial anthem of Satchidananda Ashram-Yogaville, "Let Us Walk Together." The hundreds of voices, united in the joy and harmony that is reflected in the life of our beloved spiritual master, reverberated with the sacred sounds of SATCHIDANANDA, Existence-Knowledge-Bliss Absolute.

Yogaville

Two weeks later, during the weekend of 17 - 18 December, we continued to commemorate Sri Gurudev's eightieth *jayanthi* at Yogaville with special cultural and religious events.

On Saturday evening, 17 December, we saw a news clip of the Channel 29 coverage of the 3 December celebration, "Feel the Spirit, Heal the World." Then, Dr Jayaraman, Executive Director of the United States branch of the Bharatiya Vidya Bhavan, offered a loving tribute to Sri Gurudev. We also enjoyed the music of Nirmala Heriza and Meera Stewart, Krishna Holt's Guru chants, singing by the Yogaville children and Mataji Gurucharanananda, and a harp presentation by Nadia Piscini.

One of the greatest tributes offered to Sri Gurudev that evening was Padmarani Rasiah's performance of the divine South Indian dance, *Bharata Natyam*.

In ancient times, *Bharata Natyam* was part of temple rituals. In fact, the great poet



*Padmarani Rasiah performing
Bharata Natyam.*



Sri Gurudev and Dr. Jayaraman performing the Homa.

Kalidasa described this dance form as the “noblest and sweetest sacrifice to God,” and Padmarani’s performance reflected these sentiments as she beautifully danced, with total devotion, to the song, *Vaishnava Janatho*, which extols the virtues of a True Human Being, a True Vaishnava.” Presenting her dance tribute to Sri Gurudev, Padma said, “On behalf of my family I offer this dance at the Lotus Feet of my Guruji, who is the embodiment of a True Vaishnava—and much more.” The Rasiah family has been devoted to Sri Gurudev since the nineteen fifties.

On Sunday, 18 December, Dr. P. Jayaraman performed an auspicious ceremony at the ashram: *Aayusha-Homa*. This ritual was performed in two major parts. The first consisted of *pujas* (worship services) to Ganapati, Navagraha (nine planets), and Tryambaka Rudra (three-eyed Lord Siva). The second part was composed of the *Homa* (*Yagna*, or sacrificial fire) offered to Rudra and Sri Gayatri Devi (Goddess of prosperity).



Gurudev meditating during the Homa.

This *Homa* is considered auspicious, removes every kind of obstacles in a person's life, and gives health, prosperity, and long life. The *mantras* give power to the *Yajaman* (the one on whose behalf the ceremony is performed—in this case Sri Swami Satchidanandaji) and to his disciples to build the body, to sharpen the mind, and to live a full life with health, joy and vigor. The *mantras* also provide them with the energy to be in the midst of the battle of life and to fight it with a will to victory and survival. This survival applies not only to mere biological existence; it applies also to moral and spiritual life.

To begin, the *Pandit* recited/chanted the *Purusha-Suktam*, which eulogizes the greatness of Purusha, the all-pervading Supreme Being, in order to create a holy atmosphere. Then, at the end of the *puja*, the *Guru* (priest) and all assembled poured blessings on Swamiji in the form of flower petals. After the *pujas*, the *Yajaman* bathed in the holy water and was then seated next to the *Purohit* (priest). At this point *Homakunda* was made. The necessary items were gathered and arranged, in order to invoke the powers and grace of all the gods and natural powers for the long, healthy life of the *Yajaman*. Before the *Homa* commenced, *Tryambaka mantras* were chanted:

*Om Tryambakam Yajamahe Sugandhim
Pushтивardanam*

*Urvaarukamiva Bandhanaat Mrutyor
Muksheeya maamrutaat*

(We worship the All-Seeing One;
fragrant He nourishes bounteously;
From fear of death may He cut us free,
to realize immortality)

Further *mantras* then described the following: "Let our salutations be unto that Rudra who has even pervaded the fire, the waters, vegetation, and all the worlds. To gain the favor and goodwill of that supreme and effulgent God Rudra, let us worship Him, honor and adore Him by salutations.

Then, while another *mantra* was chanted, food was offered in sacrifice to Rudra, the destroyer. Finally, *Gayatri Homa* was performed. This ritual is done for the protection and happiness of *Yajaman*. According to Dr. Jayaraman, it creates a special vibration all over and creates peace everywhere.

The ceremony ended with the recitation of *Sri Suktam* (*mantras* in praise of the Goddess Lakshmi, the power of Vishnu). Lakshmi is Brahma revealed as mother and nourisher of the three worlds. To conclude, *Shanthi mantras* were chanted for the peace of the universe.

INDIA

Aliyar

Sri Gurudev's eightieth birthday was marked in India with two special events.

On 5 February, Sri N. Mahalingam graciously arranged an inspiring and memorable *jayanthi* celebration at the beautiful and peaceful Vethathiri Maharishi Center in Aliyar, Tamil Nadu, where the The Omkaram Mandapam, or Temple of Consciousness is located. This beautiful building is used only for meditation and from an aerial view, one can see that the building is built in the shape of OM. An atmosphere of serenity permeates the ashram, which, Sri Gurudev told us, was the first place proposed to build the LOTUS before it was finally decided to locate it in Virginia.

Hundreds of devotees came to honor Sri Gurudev and to listen to the loving tributes offered to him. After the program, Swami Vethathiri graciously hosted Sri Gurudev, devotees and guests at a wonderful Indian feast.

After the sumptuous lunch, a group of devotees accompanied Sri Gurudev to Palani Temple to visit the temple and to attend a *puja*. It was at Palani Temple that Gurudev's mother, when she was pregnant with him, prayed for a spiritual child.

As we meditated with Sri Gurudev in the *sanctum sanctorum*, we experienced the



Eightieth birthday celebration organized by Sri. N. Mahalingam at the ashram of Sri Vethathiri Maharishi in Aliyar.

divine energy that permeates this ancient temple, which is perched dramatically high atop a hill and overflows with hundreds of devotees. While waiting for the little train that would bring us down from the hill, we joined with Sri Gurudev in chanting to Lord Siva, Lord Muruga and the Divine Mother. Descending the hill physically, spiritually we maintained the peace and joy that emanated from this sacred place and lifted us to divine heights.

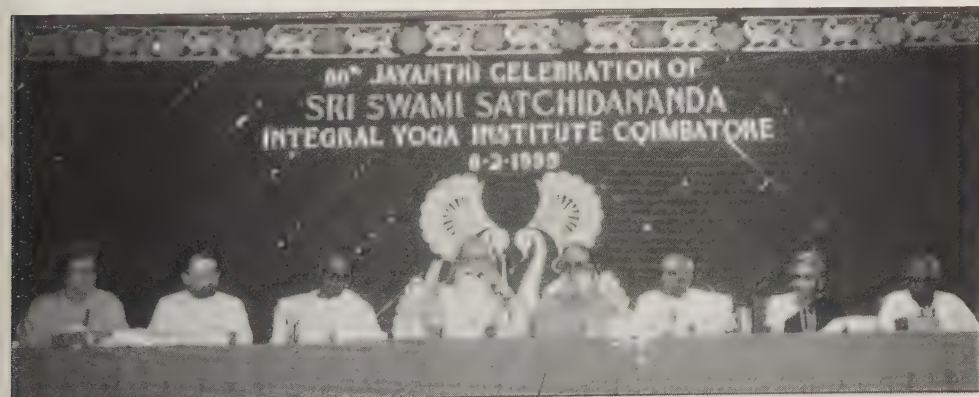
Coimbatore

Another event that took place in honor of Sri Gurudev's eightieth birthday was sponsored by the Coimbatore Integral Yoga Institute and held on 8 February at the Annapoorna Hotel in Coimbatore.

To open the program, Sri Gurudev's Western disciples, led by Swami Lalitananda

Ma, chanted the Integral Yoga *kirtan*, after which a panel of well-wishers offered tributes to Sri Gurudev. Gurudev also honored us with his words of wisdom, including the following instruction: "Your first and foremost duty is to know yourself. Seek the kingdom within you and everything else will be added until you." And as he had said some weeks before, during his Jayanthi celebration in Charlottesville, Sri Gurudev declared, "I don't read; I don't write; I don't even think. I just want to be an instrument of God."

As his students well know and as the many tributes offered during his eightieth birthday celebrations affirmed, Sri Gurudev is one of God's holy flutes, a humble instrument in the hands of God. His is a pure, crystal-clear mind that feels the Spirit and in so doing helps to heal the world. OM Shanthi, Shanthi, Shanthi. ■



Eightieth birthday celebration organized by the IYI in Coimbatore.

Friends of Many Faiths Mark Swami's Birthday

by Charlotte Crystal



The following article, written by staff writer Charlotte Crystal, is reprinted from the Charlottesville Daily Progress.

It wasn't your run-of-the-mill religious gathering. There were tunics, saris, robes, turbans, clerical collars and yarmulkes as hundreds of people of different faiths gathered in Charlottesville High School's Performing Arts Center on Saturday to honor Sri Swami Satchidananda.

Swami Satchidananda, founder of Yogaville in Buckingham County, celebrates his eightieth birthday later this month. He believes that the path to global harmony can be found by emphasizing the similarities among the world's twelve major religions.

The Integral Yoga International movement spreads his beliefs and has at its heart

the Light Of Truth Universal Shrine—built in Yogaville in 1986 on seven hundred fifty acres alongside the James River—which houses altars for the different religions.

At a morning program, invited guests praised Swami Satchidananda as being an awakened person and a holy man. But the swami, whose flowing white hair and beard is reminiscent of Michelangelo's God on the ceiling of the Sistine Chapel in Rome, says that he is merely a humble servant.

"I'm not a literate man, a man of many [university] degrees," he said. "I don't dream much. I don't write. I don't even think. Right now, I don't even know what I am going to say. . .but I know that somebody will make me talk."

He compared himself to a "hollow, holy flute that has no music in it. "But that's

why it enjoys the kiss of the Lord," he said. "He puts his lips [to it] and plays music."

Sitting in lotus position on a chair set on center stage, Swami Satchidananda offered the gathering the parable of a man trying to cash a check. But the amount payable was only a string of zeros. The man couldn't collect his money until a "1" was placed before the zeros.

"That's how life is," the swami said. "You can have any amount of zeros, but if you don't have that One, that Spirit, you are nothing."

Incense wafted through the air as a procession of Yogaville's children, waving flags of different nations, and seven religious figures carrying candles approached the stage. Representing Hinduism, Buddhism, Christianity, Judaism, Islam, Native American beliefs and other religions, the seven spiritual leaders took the stage and together lit a single candle with their many tapers.

"It's no accident that we are here in this time and this place," said Rama J. Vernon, President of the Center for International Dialogue, who emceed the event. She said that Charlottesville was an appropriate place for the celebration of religious freedom and thought, because the area was home to Thomas Jefferson, author of Virginia's statute of religious freedom. And Rabbi Judith Kahn of Charlottesville mentioned the appropriateness of the moment on the sixth day of Hannukah, a traditional Jewish celebration of religious freedom.

Silver-haired Rabbi Joseph Gelberman of the New Synagogue in New York City recalled with humor lessons he had learned from the swami, whom he met twenty-nine years ago. "He taught me not to argue," Rabbi Gelberman said. "I learned, chances are, they are right, I am right." The Rev. Canon Joel A. Gibson, Subdean of the Cathedral of St. John the Divine in New York City, read the moving tribute of the Very Rev. James Parks Morton, Dean of St. John and a long-time friend of the swami, whose duties prevented him from attending the event.

"He radiates the breath of God," Gibson read; "God's joy, God's love, God's light, God's healing."

Artist Peter Max, who was largely responsible for bringing South India native Swami Satchidananda to the United States, attended the morning program, as did actors Diane Ladd, Laura Dern, and Jeff Goldblum, who were scheduled to perform during the evening program.

Goldblum said that he has done Yoga since 1971, starting in a drama class in Pittsburgh and continuing at the center that Swami Satchidananda ran in New York City. Dern, [Diane Ladd's daughter] who starred with Goldblum in the box office hit, "Jurassic Park," has also studied Yoga with the swami. They came to Yogaville a few months ago to spend some time with him and wanted to participate in his birthday celebration.

"We love him," Goldblum said. ■

Empty yourself of everything.

Let the mind rest at peace.

The ten thousand things rise and fall while the Self watches their return.

They grow and flourish and then return to the source.

Returning to the source is stillness, which is the way of nature.

Lao Tsu

CITY OF CHARLOTTESVILLE



PROCLAMATION

WHEREAS Integral Yoga International of Buckingham, Virginia is sponsoring a celebration of global harmony through spiritual unity on Saturday, December 3, 1994 at the Charlottesville Performing Arts Center; and

WHEREAS, the celebration of global harmony is being held in honor of the 80th birthday of the Reverend Sri Swami Satchidananda; and

WHEREAS, the celebration will begin with an interfaith, ecumenical program open to people of all backgrounds and beliefs who are interested in coming together in a celebration of global harmony through spiritual unity; and

WHEREAS, the celebration will continue with an evening gala of entertainment;

NOW, THEREFORE, BE IT RESOLVED that I, David J. Toscano, Mayor of the City of Charlottesville, do hereby congratulate Reverend Sri Swami Satchidananda on the occasion of his 80th birthday and proclaim Saturday, December 3, 1994 as GLOBAL HARMONY DAY in Charlottesville.

Signed and sealed this 29th day of November, 1994.



David J. Toscano

David J. Toscano, Mayor
City of Charlottesville

The Living Yantra

by Jnanam MacIsaac



"The time was ripe for one to be born who would see in every religious denomination the same spirit working; one who would see the same God in every being,

who would harmonize all conflicting religious groups in and outside of India, and who would bring a marvelous harmony, a universal religion into existence. Such a man was born, and he taught that the religions of the world are not contradictory or antagonistic. They are but various phases of one eternal religion. He loved every one; to him all religions were true. His whole life was spent in breaking down the barriers of sectarianism and dogma. I had the good fortune to sit at his feet for years."

Sound familiar? It is a paragraph that might describe our beloved Sri Gurudev. However, it was written a century ago by the illustrious Swami Vivekananda Maharaj about his own spiritual master, the great saint, Sri Ramakrishna Paramahansa. In 1893, in Chicago, Swami Vivekananda was an impressive delegate to the World's Parliament of Religions, where, for the first time, representatives of the major faiths met to express their beliefs in a spirit of openness and respect. Last year, Sri Gurudev spoke at the Parliament of World's Religions, which commemorated the centenary of that historically significant event.

As a young man, Sri Gurudev was inspired by the teachings of Swami Vivekanandaji Maharaj, Sri Ramakrishna

Paramahansa, and two other illumined souls, Saint Ramalinga and Sri Swami Sivanandaji. The hallmarks of Sri Gurudev and each of these luminaries is all-embracing, unconditional love, universal vision, and untiring service for the upliftment of humanity. In this connection, I see the *yantra*, the Integral Yoga logo, as a multi-layered and multi-faceted symbol or diagram of Sri Gurudev's work.

First, Sri Gurudev's physical presence is the *bindhu*, or lighted dot at the center of the *yantra*. Vibrating in a state of oneness and love, he attracts, blesses and inspires people of all religions and from all walks of life. In the *Bhagavad Gita*, Lord Krishna declares: "Wherever thou seest extraordinary holiness and extraordinary power raising and purifying humanity, know thou that I am there."

We can see in Sri Gurudev an example of true humility. He sits in our midst as teacher, friend, father, advisor and confidant, and his has been a potent voice, proclaiming peace and harmony throughout the globe. Moreover, Sri Gurudev is an embodiment of religious understanding. He is not merely tolerant of other religions; rather, he enjoys the differences. He knows that temples and churches, books and forms, doctrines and dogmas are simply the kindergarten of religion, existing to make the spiritual child strong enough to take the higher steps; and he knows that the idea of religious superiority is folly.

Returning to the *yantra*, we see next the three circles that surround the *bindhu*, or in the living *yantra*, Sri Gurudev's presence. They represent the LOTUS (the Light Of Truth Universal Shrine), Satchidananda ashrams, and the Integral Yoga institutes-

—that is, the group experience.

Next, the first and second circles represent the IYIs and Satchidananda ashrams, which have brought together thousands of seekers from all nations, cultures, and creeds, helping them to relax, to refine, and to experience unity in diversity. Sri Gurudev has said, "Our religious education should bring us together, making us feel that we are one family, a world family. No matter who you are, where you are, what your faith is, you are my brother, my sister. You follow your way, I will follow my way; but let us meet together as loving children in the house of our Father." And, surely, we are an eclectic group of people from all backgrounds and faiths!

The third circle represents the Light Of Truth Universal Shrine, at once a healing visualization of all the world's faiths co-existing in harmony and a paradise that revitalizes the body and elevates the mind.

The six-pointed star symbolizes Sri Gurudev's service to the individual and represents the five senses and the mind. All of us have had our own experiences and have witnessed transformation in ourselves and in others. In fact, Sri Gurudev's miraculous effect on an individual often happens in spite of the individual. It is not barred by differences in language, culture, or even time or space. For example, on a tour of Russia, Sri Gurudev was asked to deliver the sermon at the Moscow Baptist church on Ascension Thursday. Translated into Russian, his words of peace and universal fellowship were received with tears of joy. Some people in the church that day were atheists, but Sri Gurudev pointed out that they were also believers. Didn't they have *faith* in their comrades?

After the sermon, Sri Gurudev walked out into the dark night, coming face-to-face with an elderly *babushka* who happened to be passing by and who was startled when she saw Sri Gurudev. Slowly, she moved toward him, looked into his eyes, and began blessing him in Russian. The tears began to flow as he

held her hands. She spoke no English nor did Gurudev speak Russian, but together they spoke the language of the heart.

Once again coming back to the *yantra*, we see that it expands, symbolizing the various attributes of energy and matter represented by the petals. And so it is with Sri Gurudev's worldwide ecumenical work. The Very Reverend James Parks Morton, Dean of the Cathedral of St. John the Divine in New York City, noted, "We honor the work and spirit of Sri Swami Satchidananda, whose vision and example have opened up the path for so many citizens of the planet."

Beginning in 1951 with a Buddhist Jayanthi celebration in the heart of Tamilian Sri Lanka to Spiritual Summit conferences at the United Nations to the Parliament of the World's Religions, Sri Gurudev has met with popes, bishops, and cardinals and with monks nuns and rabbis, inspiring all with whom he comes in contact—from the neophyte spiritual seeker to the Dalai Lama, Mother Theresa and the Holy Pontiff in Rome. In 1990, Sri Gurudev joined an interfaith delegation to the White House and met with President Bush in the Oval Office to witness the signing of the Thanksgiving Day Proclamation. With his visits to the Pentagon Meditation Club in our nation's capitol, Sri Gurudev's influence has even invaded the military. The far-reaching effect of Sri Gurudev's ecumenical service is immeasurable, and, like the geometric *yantra*, it expands further than the eye can see, spreading outward to the infinite. Dr. Panikkar, Professor of Religious Studies at the University of California, aptly wrote: "May the Holy Spirit inspire human souls to understand the power and the symbolism of Sri Swami Satchidananda's efforts toward peace, mutual tolerance and understanding and to respect and even admire them without the need to understand everything."

We who call ourselves disciples and all those who have been inspired by Sri Gurudev

light a path to that vision of Oneness. But as ripening fruits on the tree of Satchidananda, we cannot call ourselves universalists while we harbor even a speck of superiority toward those who might believe theirs to be the true religion, the only way. And let us not hold up the outward forms of Yoga as barriers to separate ourselves from others who find comfort neither in the ancient teachings of the East, nor in the eclectic ideals of the "New Age." We have a responsible role to play as part of God's and Guru's living *yantra*.

I'll close with the words of our beloved

Sri Gurudev: "Do you know what religion I believe in? *Undoism*. Yes. If anybody asks you what your religion is, just tell them: *Undoism*. All these yogic practices are just for the sake of undoing. You are totally free. You are not bound by anything. Neither by an organization, nor by a religion, nor by certain practices, nor by a label. You are everywhere. You belong to everybody, and everybody belongs to you. My sincere wish and prayer is that, one day, we will all realize our essential oneness, enjoy our differences, and live together as one universal family." ■



The Master's Touch



HOW TOLERANCE CAN PROVIDE MIRACLES by Savitri de Meyer

So deep is my gratefulness to our spiritual master, Sri Swami Satchidananda, that I do not hesitate to relate one of his positive interventions in my married life.

As an old-time member of the European Yoga Union, I yearly attended the international Yoga week organized in Zinal, Switzerland. And, although my husband was not fond of Yoga, I could convince him to accompany me because he did love hiking in the mountains. So whilst I attended the lectures, my husband regularly went for long walks.

Since 1981, Sri Gurudev had been invited to lead a Yoga seminar during the week preceding the official opening of the Yoga week. Traditionally, after receiving the teachings, all of Sri Gurudev's disciples gathered around his table during mealtime. At that time, there wasn't the separate room for vegetarians that was obtained by Gurudev later on, and my husband joined Gurudev's table with a glass of wine on his tray and roasted meat on his plate. As though he didn't notice this, Gurudev started speaking and joking with my husband, but I felt terribly bothered. I felt, suddenly, that this was too much for me after all the years that I had tried to convince my husband to change his diet, and I asked Gurudev for an appointment for my husband and me to meet with him.

During the meeting, I told Gurudev that maybe it would be better for me not to live together any longer with someone who didn't want to stop eating meat and drinking wine. Of course, I thought that Gurudev would convince my husband to stop those bad habits, but here came an answer that I shall never forget! To my real astonishment, I heard Gurudev say: "No, Savitri, you are wrong. If you think like this, you are not a good yogi.

Your husband can eat what he wants, as long as he lets you eat what you want!"

I could not believe my ears. Gurudev, who insisted so often in his talks about the importance of taking *satwic* food, giving me this advice. One day, he even said that when our husbands insisted that we eat meat, we should simulate fainting and spit it out, saying that it made us sick.

I felt very disappointed—and humiliated in front of my husband. But, year after year, I became aware that leaving my husband would have been a great mistake. I became very grateful to my wise and tolerant Master, and I still am. As for my husband, once he felt accepted for who he was, he began to accompany me to the Virginia Ashram. There, he practiced *asana*, attended Gurudev's *satsangs* and—he ate the vegetarian food. Since then, he practices Yoga daily at home and even eats tofu! Once a week, some meat satisfies him, and I accept this with serenity.

I do hope that this true story will encourage all those who have similar problems. I wish them all plenty of love and patience and the infinite grace to receive the guidance of a real Spiritual Master.

WHEN TWO HEARTS MEET by Swami Suddhananda

My father, Bob Satyam Cranmer, is a relatively new devotee of Sri Gurudev, having met Gurudev only last summer. He also took *mantra* initiation at that time.

Satyam was profoundly affected by meeting Gurudev. In fact, since that time, he has been expressing much more tenderness and devotion, which was always inherent in his nature but which he was shy about expressing.

This change in my dad became apparent to me one day during a telephone conversation. Satyam called to tell me that he had planted fruit trees, that he watered these trees with great care, and that he took his tape player with him when he went to his trees so that he could play Gurudev's "Om Shanthi" tape to them. He felt that they would appreciate hearing the chant.

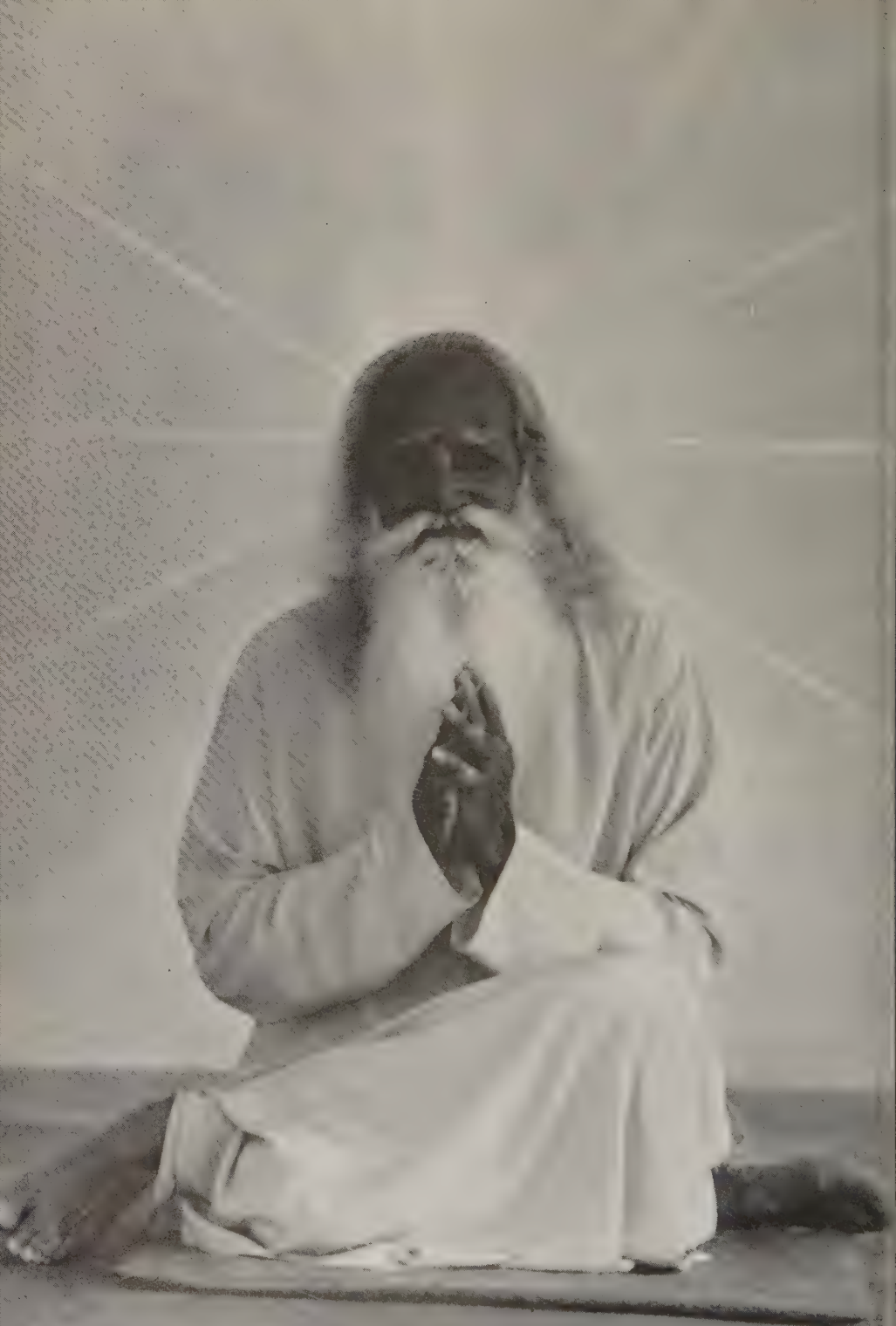
Just a year before, Satyam wasn't really even happy about having a garden! ■

Satyam Cranmer recently became a resident of Yogaville and is a receptionist at LOTUS.

Give us, O God, the vision which can see Thy love in the world in spite of human failure. Give us the faith, the trust, the goodness in spite of our ignorance and weakness.

Give us the knowledge that we may continue to pray with understanding hearts, and show us what each of us can do to set forth the coming of the day of universal Peace. Amen.

—First Prayer from Space, From Apollo 8



My Guru

*My Guru is auspiciousness,
Embodiment of all Great Gurus.
My Guru is auspiciousness
And so i put my faith in him.*

*My Guru is auspiciousness,
Embodiment of Ram and Shiva.
My Guru is auspiciousness
And so i put my faith in him.*

*My Guru is auspiciousness,
Embodiment of Light and Wisdom.
My Guru is auspiciousness
And so i put my faith in him.*

*My Guru is auspiciousness,
He liberates my mind from sorrow.
My Guru is auspiciousness
And so i put my faith in him.*

*My Guru is auspiciousness,
My only tears are what i borrow.
My Guru is auspiciousness
and so i put my faith in Him.*

*My Guru is auspiciousness,
Embodiment of all the devas.
My Guru is auspiciousness
And so i put my faith in him.*

*My Guru is auspiciousness,
He lifts away the clouds of darkness.
My Guru is auspiciousness
And so i put my faith in him.*

*My Guru is auspiciousness,
Embodiment of Light Universal.
My Guru is auspiciousness
and so i put my faith in him.*

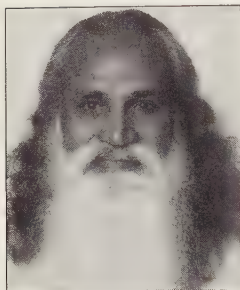
—Nirmala Heriza, Jayanthi 1994

Yoga and Health

Health and Happiness:

The Mind-Body Connection

by Sri Swami Satchidananda



On October 26, Sri Gurudev spoke at the University of Virginia Medical Center's "Medical Center Hour." Participating with Sri Gurudev was Edward W. Hook,

M.D., Henry B. Mulholland Professor of Internal Medicine and Director, Humanities in Medicine, who was the moderator. Dr. Hook prefaced Sri Gurudev's address, which was entitled "Health and Happiness: The Mind-Body Connection," with the following introductory remarks:

The goal of the Yogaville Program is to bring the mind and body into harmony in order that we can realize inner peace and happiness. . . .

Integral Yoga is the basis for the program established by Dean Ornish, M.D., to prevent and treat heart disease. Ornish has reported that comprehensive lifestyle changes may be able to bring about regression of even severe coronary atherosclerosis, without use of lipid-lowering drugs. The changes prescribed include a low-fat vegetarian diet, moderate aerobic exercises, stress management training, stopping smoking, and group support. Ornish learned both stress management and diet training from Swami Satchidananda. Stress

management includes stretching exercises, breathing techniques, meditation, progressive relaxation, and imagery.

Attached to the literature handed out to the audience was a document describing "Swamiji's philosophy." So, Sri Gurudev began his talk with a definition of philosophy:

You are not the mind and body

The definition of philosophy is that neither the speaker nor the listener understands, because the underlying meaning is that the real philosophy is beyond the mind—it cannot be understood by speaker or listener. It's the person behind the mind and body who wants the mind and body to be in good shape. For you are not the mind and body; you are the Knower—the Spirit, the Soul, the Self.

Mind-body is our instrument, to be kept clean and in good shape all the time. When you're peaceful, happy and healthy, you don't need to go to the doctor, because you're "at ease." The moment that you disturb your ease (your original condition), you have to get it corrected. My philosophy also is "undoing." That is to say that we don't have to do anything to be easeful and peaceful. My religion is "undoism."

In what ways do we disturb body and mind? In my understanding, body and mind are the same: body is solidified mind and mind liquified body, for as you think, so you become; and that's my philosophy. If you see a person and say to him or her, "Oh, you

look happy today," you are seeing not only the body, but also the mind reflected in the body. Every cell has a brain of its own. That's where the mind-body connection comes in—for example, the mouth salivating when you see something good.

But how do we disturb the harmonious connection between the body and the mind? We fail to follow nature's way.

The body

First of all, what you put into the body begins with food. Take care of your diet. *You are what you eat.* By nature we are vegetarians. Our bodies are not made for meat, but we get used to it. There is a saying that "when man laid the foundation for the kitchen, he laid the foundation for the hospital at the same time." So, how can we minimize the problem now? By eating easily digestible, low-fat, high-fiber food.

The non-vegetarian diet also has an effect on the mind. Just watch the animals at the zoo. All the vegetarian animals roam freely and gently; their eyes are peaceful. On the other hand, carnivores are caged; they are restless; and their excretion smells awful. Why? Their diet. So, between vegetarians and non-vegetarians, the physical symptoms and the mental symptoms differ. In fact, I once experimented on my own body. I didn't wash my body or mouth for a month, and there was no odor if I ate the right food.

Then, exercise follows. You must do moderate exercise to keep the body active. But never overdo it.

And, finally, breathing. Many people don't breathe properly. We don't use our lungs well; usually, we are using only about one-seventh of our lungs. But when you do *pranayama* (breathing practices) you can take in seven times more oxygen and *prana* (vital force), and every cell will vibrate with new life.

The mind

Now, we come to the mind.

Stress is an important factor that causes problems. The cause of stress is expectation—when you do something and want something in return. This attitude brings all the mental problems. In discussing this topic, I usually refer to the story of Adam and Eve.

God gave Adam the first order: "Don't eat the fruit!" "The fruit" means the fruit of your life. Give it away; don't look to keep it. You expect something, you get it, you don't want to lose it, you get angry if you do. God told humanity not to expect anything so as not to have a stressful life. But how can we live without expectation? Make no appointment; you'll get

no disappointment. Live in the world, but always do for the sake of others. Even eating becomes a selfless act if you do it to serve others. Every species of creation is here to serve others.

At the conclusion of his talk, Sri Gurudev answered the following questions:

Question: The notion of the mind-body connection is not new, but why does it receive so much national attention now?

Sri Gurudev: This topic receives so much attention now because we've had enough due to lack of knowledge.

Question: What are your views of traditional medicine, like the kind of medicine used at this hospital?

Sri Gurudev: You call that medicine "traditional?" (the audience laughs). Well, what about immunization, for example? It's alright to do that because we've already lost our immunity. But why have we lost our immunity, our vital energy? Because of stress and wrong living. Therefore, having lost our immunity, we have to be immunized. However, we don't have to lose our immunity. Of course, medicine has a place. Use it if you

need to. But don't depend on it. People have the tendency to want to kill the messenger, "pain," instead of listening to it as an alarm.

Question: How did your relationship with Dean Ornish come to be?

Sri Gurudev: Dean Ornish's sister recommended that he come to see me. And he came with many questions. I told him that one can rebuild one's energy and that prevention is better than cure. He saw how healthy I was, and, eventually, he brought twelve patients who were suffering from angina. He experimented with them, putting them on a vegetarian diet and teaching them such Yoga practices as meditation, breath control, deep relaxation and physical postures. Ten of the patients were relieved of their symptoms, and Dean went on to do a larger study.

Question: As a psychiatrist, I have seen people involved with Eastern philosophy who, perniciously believing that they are being selfless and living for others, have damaged themselves.

Sri Gurudev: Yes. You have to keep yourself fit first. The main motive in taking care

of yourself is taking care of others. You are an instrument. Keep that instrument clean. If you don't, you'll get into trouble and you'll get others into trouble. You must take care of yourself first.

Question: How does one become a swami?

Sri Gurudev: One cannot become a swami with mere study alone. The swami is the one who lives to serve others and is master of his or her own mind. The literal definition of "swami" is "one who is master of body and mind." Your teacher initiates you, and both men and women can become swamis; there is no difference in Spirit.

After responding to questions, Gurudev concluded the program with this message:

If we want to, we can live a happy, healthy life—watching what we eat, what we do, becoming selfless in our actions. Most people seem to have more faith in the dollar than in God. But if we read the dollar bill, through the dollar, itself, we'll learn to trust in God. Just follow nature, and you'll be healthy and happy everafter. ■

The aim of Yoga is to go back to nature as much as possible. To lead a natural life, with simple food, simple dress, simple living. Then naturally, the mind also will have "high" thinking. Once we start living simply, we will have the time to think high and to easily solve all our personal and world problems. Let there be a limitation in everything, a tranquility in everything. As the Bhagavad Gita says, "Yoga is not for the person who eats too much, nor for the one who fasts excessively." Going to extremes can sometimes be easier, but the middle path is what we need for a life of health and peace.

—Sri Swami Satchidananda

The Vidyalayam Corner



Sri Gurudev posing with, left to right, Mahen and Raji Walloppillai and Satya and Sadasiva Greenstone.

A FOND FAREWELL AND A HEARTY WELCOME

The Vidyalayam, or "Temple of Learning," founded by Sri Gurudev in 1978, underwent a change in December 1994. Satya and Sadasiva Greenstone, the teachers in charge of the Yogaville Vidyalayam since 1980, left for India to initiate the next phase of their life as teachers in the service of Sri Gurudev.

Ardent devotees of Sri Gurudev and loved by parents and students alike, the Greenstones dedicated themselves to their students, whom they meticulously trained in accordance with Sri Gurudev's teachings and guidance in the traditional method. Now, the Greenstones will bring these same teachings, devotion and dedication to the students who will attend the new school that will be built in Kallar, Tamil Nadu, South India. The new Vidyalayam, which will be a residential school, is scheduled to open in June 1996. In the meantime, the Greenstones will

direct the activities of the Integral Yoga Institute of Coimbatore, assuming the duties of Swami Lalitananda Ma, who is transferring to Madras to become the administrator of the Vasanthi Children's and Women's Hospital. Both Satya and Sadasiva are a credit to their profession, and we wish them the very best in their new positions.

Taking over as teacher of the Yogaville Vidyalayam is Mrs. Raji Walloppillai, who began teaching in Yogaville in January of this year. Both the Yogaville community and parents of the Vidyalayam students were delighted and pleased with the transition, which was effected smoothly and efficiently. This was no surprise, as Raji hails from an illustrious family whose members have been ardent devotees of Sri Gurudev for four generations.

Having been raised in a spiritual background, Raji finds it natural to continue the traditional way of teaching that was carried on by the Greenstones. Versatile, warm and outgoing, Raji is a qualified Montessori

teacher trained in Child Psychology, Early Childhood Education and School Administration. She also qualified in Indian dancing and Japanese Ikebana flower arrangement.

Before taking up her duties at the Yogaville Vidyalayam, Raji was, for eleven years, Director/Teacher at the Hollywood and La Casanta Montessori Academies in California. Although she was happy with the schools, her students and their parents, from the time she arrived from the United States to Sri Lanka, Raji's one desire was to serve her Guru, Sri Swami Satchidanandaji and to be in his presence. Recently, she said, "I have realized my wish and feel blessed to teach in the "Temple of Learning" founded by my Guru in Yogaville. Sri Swamiji has taught me that "work is worship" and that one of the greatest offerings to God is to impart knowledge—*Jnanam Thanam*. I now feel fulfilled to be in his presence and with my mother and sister." (Raji's mother, Mrs. Amma Rasiah, and her sister, Padmarani, have been residing in Yogaville since 1984.)

Helping Raji immensely with her school work is her husband, Mahen, who has worked with UNICEF and other AID agencies and has a wealth of knowledge and experience. Highly recognized for his work in Sri Lanka involving the health, education and welfare of children, Mahen loves children and enjoys working with them. He happily volunteers

his service to the Vidyalayam.

We heartily welcome the Walloopillais to Yogaville.

OUR NEW TEACHER: MRS. RAJI WALLOOPILLAI by Bhanu Lipscome

Twelve-year-old Bhanu Lipscombe has been a student at the Vidyalayam since he and his family moved to Yogaville in 1988, when he was five years old.

In December 1994, the Yogaville Vidyalayam got a new teacher, Mrs. Raji Walloopillai. She came to us from California, and we've had some swell times with her.

Mrs. Raji's day at the Vidyalayam involves a little bit of everything. For example: planning the lessons and activities, helping us clean the school, teaching most of the subjects, preparing our snacks, leading morning chants, and guiding the daily *puja* at the Kailash shrine.

All the kids know that Mrs. Raji loves and cares for us. At lunch time, she is the first one up to serve the kids, and her favorite phrase is, "I love you all as I love my own children."

We are proud to have Mrs. Raji as our teacher! ■

*Mrs. Raji and
the Vidyalayam
"angels."*



Integral Yoga International

LOTUS VISION RESEARCH TRUST Coimbatore, India

Gurudev's Eightieth Birthday: Mission to Vision

Lotus Vision Research Trust, Coimbatore, was inaugurated by Gurudev Swami Satchidananda. Gurudev is President of the Advisory Board of the Trust. The Lotus Eye Hospital and Research Centre (unit of the Lotus Vision Research Trust) is run with the blessings and guidance of His Holiness Swamiji.

The Board of Trustees, members of the Advisory Board, and staff of the Trust and Lotus Eye Hospital are fortunate and happy to celebrate Swamiji's eightieth birthday and to rededicate themselves to serving the poor blind, who otherwise would remain blind throughout their lives.

In India, nearly sixty million eyes are waiting to be operated on for cataract. Eighty percent live in slums and rural areas. Tamil Nadu is one of the seven states in the country where more people are suffering from cataract blindness.

SERVICE/ACTION PROGRAM:

1. To conduct one *lakh* and eight (100,008) cataract operations for poor blind people;
2. To commence the cataract surgeries on Gurudev's 80th birthday;
3. To solicit sponsorship.

The cost per case is \$65.00 (US dollars). This includes transport to and fro, stay at hospital, food for four days, cataract operation, Intra Ocular lens, and follow-up.

I would like to sponsor _____ free cataract and free IOL surgery/surgeries.

Enclosed is my donation of \$65.00 (US dollars) per case of cataract and IOL surgery.

Please make checks payable to: "*Satchidananda Charity funds, Inc.*"

Name: _____

Address _____

City _____ State _____ Zip _____

Please mail to:

*Satchidananda Ashram, Treasury Office,
Route 1 Box 1720, Buckingham, VA 23921*

Donations are tax deductible



*Sri Gurudev with Dr. Sundaramoorthy (immediate right)
at the Lotus Eye Hospital and Research Center, Coimbatore.*

INTEGRAL YOGA INSTITUTE, NALLUR CENTRE Jaffna, Sri Lanka

Recently, we received news from the Nallur Integral Yoga Institute in Jaffna, SRI LANKA. Mrs. Kamalasany Soorasangan wrote:

The Nallur IYI is functioning well with the grace of Gurudev. As usual, we all (members of the IYI, Divine Life Society and Satchidananda Siruvar Sangam) gathered at the DLS hall on 22 December 1994 to celebrate the eightieth Jayanthi of Sri Gurudev.

The cake was presented to the president by Miss Yalani Ganeshalingam, a member of the Nallur IYI. A cultural program by the youngest members also took place.

Also in honor of Sri Gurudev's eightieth Jayanthi, the Nallur IYI published the following message in a little monograph entitled "The Inspiring Words of Yogiraj Swami Satchidananda."

PEACE

The ultimate quest of the entire world is peace. Only in peace do we have joy.

Our first and foremost duty is to take care not to let the mind lose its peace.

Stay away from anything that disturbs your peace, from anything that will bring disappointments, anxieties and worries.

Peace, contentment, not running after anything is what you call the kingdom of God.

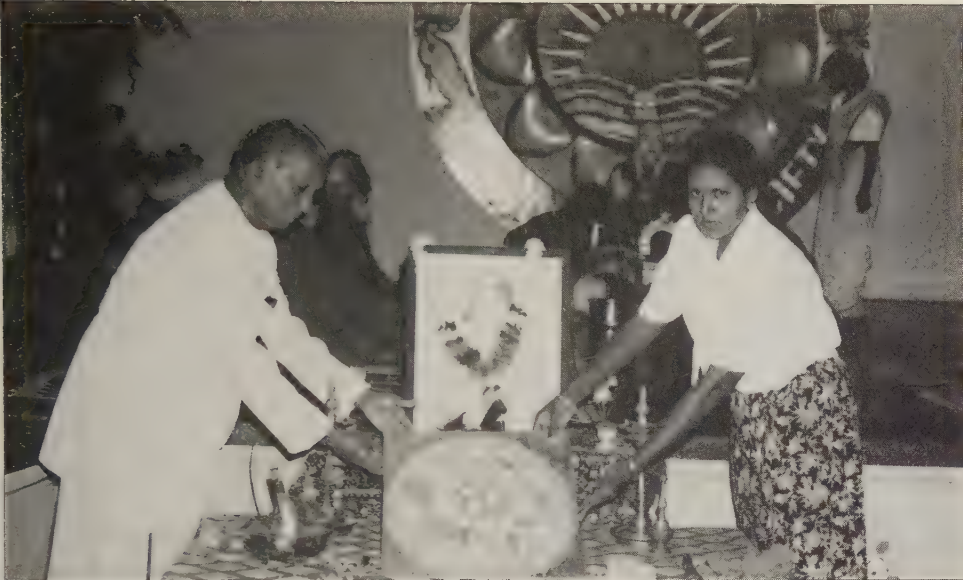
Absence of turmoil is not real peace. Real peace is when you rise above the turmoil and stay peaceful in the midst of it.

Peace can be maintained when all your actions are free from selfish motives.

Nothing from outside can give you peace, because peace is there in you always.

Your first duty is to find the peace in you.

Human minds create war. If we want peace, where should we begin? With the minds of the people. If the minds are changed, the world will be changed.



*Sri Kanagaratnam, President, Divine Life Society branch,
and a member of the Nallur IYI honoring Sri Gurudev's eightieth jayanthi.*

YOGA VILLAGE

**Le Buisson,
Saint-Michel de Chabrillanoux, France**

In 1979, with the support of Sri Gurudev, Swami Avadhoothendra founded the Integral Yoga Institute in the town of Fontenay-sous-Bois, about an hour's drive from Paris. For some years, Avadhoothendra and members of the IYI dreamed of creating a French

"Yogaville," where people could live together in a spiritual environment that would foster an atmosphere of peace and harmony. In May 1994, after years of preparation and effort, this dream was concretized with the purchase of the hamlet of Le Buisson, in the heart of the beautiful Ardeche region of France, at Saint-Michel de Chabrillanoux. Uninhabited for a long time, Le Buisson now hums with new life. Granaries, houses,



A view of Yoga Village at Le Buisson, France.



*Swami Avadhoothendra
surveying Yoga Village property.*

and cellars have been cleaned, a roof has been reconstructed like new, a Yoga room and a dining room have been created, and some wood stoves are potentially functional. Dormitory-style lodging is available, with two to five people sharing a room, and toilets and showers are also available. Surrounded by twelve hectares of woods and facing the valley, Yoga Village invites reverence and interior joy.

Swami Avadhoothendra and the group report that Yoga Village is open to those who wish to experience the simple, natural life in the pristine and rustic setting of the lovely French countryside. One may participate as a *Karma Yogi*, helping with restoration of the buildings or in other *Karma Yoga* projects, one may choose to become a permanent resident, or one may visit as a guest. The group is non-sectarian; one must only be willing to participate and to accept the "rules of life, simplicity and mutual respect."

A typical day at Yoga Village includes three natural, vegetarian meals (cereal- and fruit-based) and such practices as meditation, *pranayama*, *Hatha Yoga*, chanting, philosophy, as well as *Karma Yoga* according to one's choice and capacity. Swami Avadhoothendra declares, "These ancient practices will help you to rediscover your true nature."

Swami Avadhoothendra and the group joyfully welcome you. If you'd like more information about Yoga Village, you may contact Swami Avadhoothendra at the Integral Yoga Institute, 14 rue Coli 94120, Fontenay-sous-Bois, France (telephone: (1) 48 75 20 60) or at Yoga Village, Le Buisson, 07360 Saint-Michel de Chabrillanoux, France (telephone: (16) 75 58 08 72). ■



Close-up of one of the old stone houses at Yoga Village.

Day - By - Day

with Sri Gurudev

In mid-January, Sri Gurudev flew to India. During his stay, Gurudev oversaw the purchase of two new properties, one in Coimbatore that will house the new Integral Yoga Institute and the other in Kallar (a little more than an hour's drive from Coimbatore), where a residential school will be constructed.

Coimbatore

The property purchased for the new Integral Yoga Institute is located just a few streets away from the present IYI. An existing building on the property has been torn down, final architectural plans have already been drawn up for the new building, and construction will begin soon. The new IYI will have more facilities, including a spa-

cious Hatha Yoga room, and will be able to accommodate more people than is possible at the existing institute.

Kallar

The property in Kallar consists of more than thirty acres that lie at the foot of the Nilgiri Mountains. The setting is not only beautiful and lush, but it is also peaceful and productive, with acres of coconut palms and banana trees and a river nearby. Half the land will be used for the residential school and half will be used as farmland for growing income-producing crops. Income will also come from tuition, with the plan that 25% of the students will be scholarship students who come from poor families. Meanwhile, the land chosen for the building



Devotees join Sri Gurudev on a visit to the newly purchased property in Kallar.



A view of the Nilgiri Mountains from the new site in Kallar.

site has already been leveled and landscaping has begun. The working farm that already exists will be retained, and a garden staff will be employed to maintain the land.

Chettipalayam

Chettipalayam is the town where Sri Gurudev's birthplace is located and where an Integral Yoga Institute and a free clinic are operating. Behind the IYI building, the site of Sri Gurudev's birthplace, there are some structures that house a technical training program for Chettipalayam villagers. Mr. G. D. Gopal has sent a portion of his factory work to be done there so that local villagers will be employed. The Gandhi Ashram is overseeing this excellent program, which provides villagers not only with skills, but also with employment.

Sri Gurudev participated in a number of events during his stay in India. The following is an overview of those programs:

INDIA

Coimbatore

19 January:

Sri Gurudev addressed the GRG Educational Institutions on Founder's Day.

25 January:

Sri Gurudev addressed the senior officers of the Forest Academy.

8 February:

Sri Gurudev was honored at an eightieth birthday celebration, organized by the Coimbatore IYI, at the Annapoorna Hotel.

12 February:

Sri Gurudev was a special guest speaker at Mani High School.

14 February:

Sri Gurudev addressed the medical staff at Kovai Hospital

15 February:

Sri Gurudev addressed the students of the Konganadu Arts and Sciences College



Eightieth birthday celebration organized by the IYI in Coimbatore



Sri Gurudev pictured with Mrs. Prema Rao, IYI board member and director of Vivekalaya, and Swami Lalitananda, Coimbatore.



Sri Gurudev hands out awards to students at the Bharatiya Vidya Bhavan, Coimbatore.



Posing with Sri Gurudev are Sri K. Ramaswamy, President of the Coimbatore IYI, and members of the Ramaswamy family, who hosted Sri Gurudev during his visit; also pictured with them is the Tamil film star, Kusboo.

16 February:

Sri Gurudev addressed a gathering at Perur Temple

18 February:

Sri Gurudev addressed the medical staff of the KG Hospital

25 February:

Sri Gurudev visited the Lotus Vision Research Trust and Hospital

26 February:

Sri Gurudev addressed the Lotus Vision Board

28 February:

Sri Gurudev addressed the students of Vivekalaya

1 March:

Sri Gurudev was the honored guest at a program celebrating the release of his Tamil edition of the *Sutras of Patanjali*. The Tamil edition was released as a two-part volume. The first part was released several years ago; this year, the second part was released. Sri Desikachar, the renowned Yoga teacher, graciously came from Madras to release the new edition. The trans-

lation was sponsored by Sri N. Mahalingam and his capable staff. The translators were Sri Bahiratan and Sri Ramalingam.

2 March:

Sri Gurudev was the guest speaker at the Bharatiya Vidya Bhavan.

Aliyar**5 February:**

Sri Gurudev was honored at an eightieth birthday celebration, organized by Sri N. Mahalingam, at the Vethathiri Maharishi Center.

Madras**5 March:**

Sri Gurudev opened the Vasanthi Children's and Women's Hospital, which was endowed by Mr. and Mrs. Sethu. Long-time devotees of Sri Gurudev, the Sethus directed the Integral Yoga Institute in Madras. After the untimely death of their beloved daughter, Vasanthi, they wanted to donate something enduring in her name. Thus, along with their son-in-law, Dr. Srinivasan, who is a physi-



Inauguration of the Vasanthi Medical Center, Madras.

Left to right: Sri N. Mahalingam, Sri Gurudev, former President of India Sri R. Venkataraman, and Justice Mohan.

cian, they built the Vasanthi Children's and Women's Hospital. The Sethus sought Sri Gurudev's guidance and blessings throughout the project, which was indeed a very large one. Several years ago, Gurudev came when the foundation was laid, and, of course, the Sethus wanted him to be present for the hospital's inauguration.

In addition, the Sethus decided to dedicate one floor of the hospital for the teaching of Yoga and for the practice of Yoga therapy, drawing also from the work of Dr. Dean Ornish. Swami Lalitananda, who previously directed the IYI in Coimbatore, has now been appointed administrator of the hospital, including this special branch of hospital service.

HONG KONG

In early March, Sri Gurudev departed from Madras for Hong Kong, where he was showered with love, floral bouquets and garlands by the Harilela family, Mrs. Eva Kwan, the Chan family, and all the Hong Kong devotees.

Guru to the entire Harilela family, Sri Gurudev was completely taken care of by them, as they are always overjoyed to be with him and to listen to his words of wisdom. The Harilelas organized a number of

talks that included the Indian community and the Tamil-speaking community. Also, the Divine Life Society of Hong Kong coordinated a lecture that was translated into Chinese by Divine Life Society president, Mrs. Eva Kwan, who has been a devotee of Sri Gurudev for the past forty years. Sri Gurudev also visited the offices of the *Bharata Ratna* magazine, which publishes a monthly article by him.

UNITED STATES

San Francisco, California

From Hong Kong, Sri Gurudev flew to San Francisco, where, after resting from the long journey, he gave an inspiring *satsang* at the Integral Yoga Institute. Many of his long-time devotees attended *satsang*, which was also a wonderful reunion and opportunity for California *sangha* to be in Sri Gurudev's presence.

Returning to Yogaville in mid-March, it wasn't long before Sri Gurudev began giving weekly *satsangs* and involving himself in various ashram projects—as ever, “peaceful, easeful and useful.” For as he told well-wishers during one of his birthday celebrations in India: “You can get instant peace with renunciation.” ■

“Within you is hidden God. Within you is immortal soul.

Within you is fountain of joy. Within you is ocean of

bliss. Kill this little ‘I’. Die to live. Lead the divine life.”

—Sri Swami Sivananda

Notice of Special Upcoming Events

GURU POORNIMA 1996 AND GRAND CELEBRATION AND REUNION

Guru Poornima 1996 will mark the thirty-year anniversary of Sri Gurudev's service in the West, the ten-year anniversary of LOTUS, and the five-year anniversary of the Lord Nataraja Shrine at Kailash. We are planning a gala celebration in honor of these events, which will be held on Saturday and Sunday, June 29 and 30.



Following the auspicious occasion of Guru Poornima, we will hold the first Grand Reunion of Integral Yoga teachers on Tuesday, July 2, through Thursday, July 4. This program will include a variety of activities that will interest teachers, and it will culminate with an evening of traditional July 4 festivities.



*Please plan ahead so that you will be able to join us for this joyous
assemblage of devotees and teachers from around the globe.*



One Thousand Moons

*These thousand moons have marked your life,
From birth to celebration.*

*This common light for all mankind
Rose with privilege one thousand moons ago,
To ebb and flow with you.*

*It moved the tides and changed the face
Of countless shores and spaces in its eternal journey,
Drawing love, awe, constancy,
Mystery and admiration.*

*Many times obscured by clouds,
We searched the heavens to await its revelation.*

*Then with fullness of blessings,
It rises to our hopes and dreams,
Once again enriching the progress of our lives
From its plan in God's creation.*

*Your journey has been no less set in motion
By the same creator of our world.
With infinite wisdom your orb was
Designed to move in His plan,
To bless, nurture and embrace
The spirits of your fellowman.*

*Can we not rejoice and sing
In joy on this occasion
For lives enriched and souls directed,
Made whole by this connection?*

*As your life continues with fullness of purpose,
One thousand moons. . .and more,
We will share these gifts left on the shores of our hearts
With each and one another.*

*Bless this day, bless this man,
One thousand moons. . .and more.*

—Prema Huffstutler, Jayanthi 1994



To Gurudev

*Whenever our minds begin to race,
we turn our thoughts to mantra
in your praise;*

*When our samskaras lead us to depression,
we pray to you to give them
right expression;*

*You teach us that the love cannot be told,
and therefore the following position
we should hold:*

*Feel love with all the body's cells,
and this will bring peace,
as holy scripture tells.*

*Sri Gurudev, you are the one
to lead us from the darkness
to the light;*

*Sri Gurudev, you are the one
to make our lives
sweet and bright!!!*

—Bhagavan Pisman

*"If I feel that I can see the same Spirit
motivating everyone,
then I can see you as myself."
—Sri Gurudev*

**INTEGRAL YOGA
INSTITUTE**

227 W. 13 St.
New York, NY 10011
(212) 929-0586

*"We have to first feel the Spirit working
through us."
—Sri Gurudev*

**INTEGRAL YOGA
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200 W. 72 St.
New York, NY 10023
(212) 721-4000



*"You don't even have to do anything
but look within."
—Sri Gurudev*

*"Be selfless."
—Sri Gurudev*

**YOGAVILLE FEDERAL
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Satchidananda Ashram
Buckingham, VA 23921
(804) 969-3121

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*"By sacrificing the 'I,' 'me,' 'mine,'
you get eternal peace."*

—Sri Gurudev

*"The purpose of all religions is to teach
you how to feel that Spirit within you."*

—Sri Gurudev

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*"It should be said that God made
everything in His image."*

—Sri Gurudev



CHITRA PUBLICATIONS

Publisher of:

Vegetarian Gourmet Magazine

2 Public Ave.
Montrose, PA 18801
(717) 278-1984

"Change the 'mine' to 'thine.'"

—Sri Gurudev

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*"We must sacrifice the
'I,' 'me,' 'mine.'"
—Sri Gurudev*

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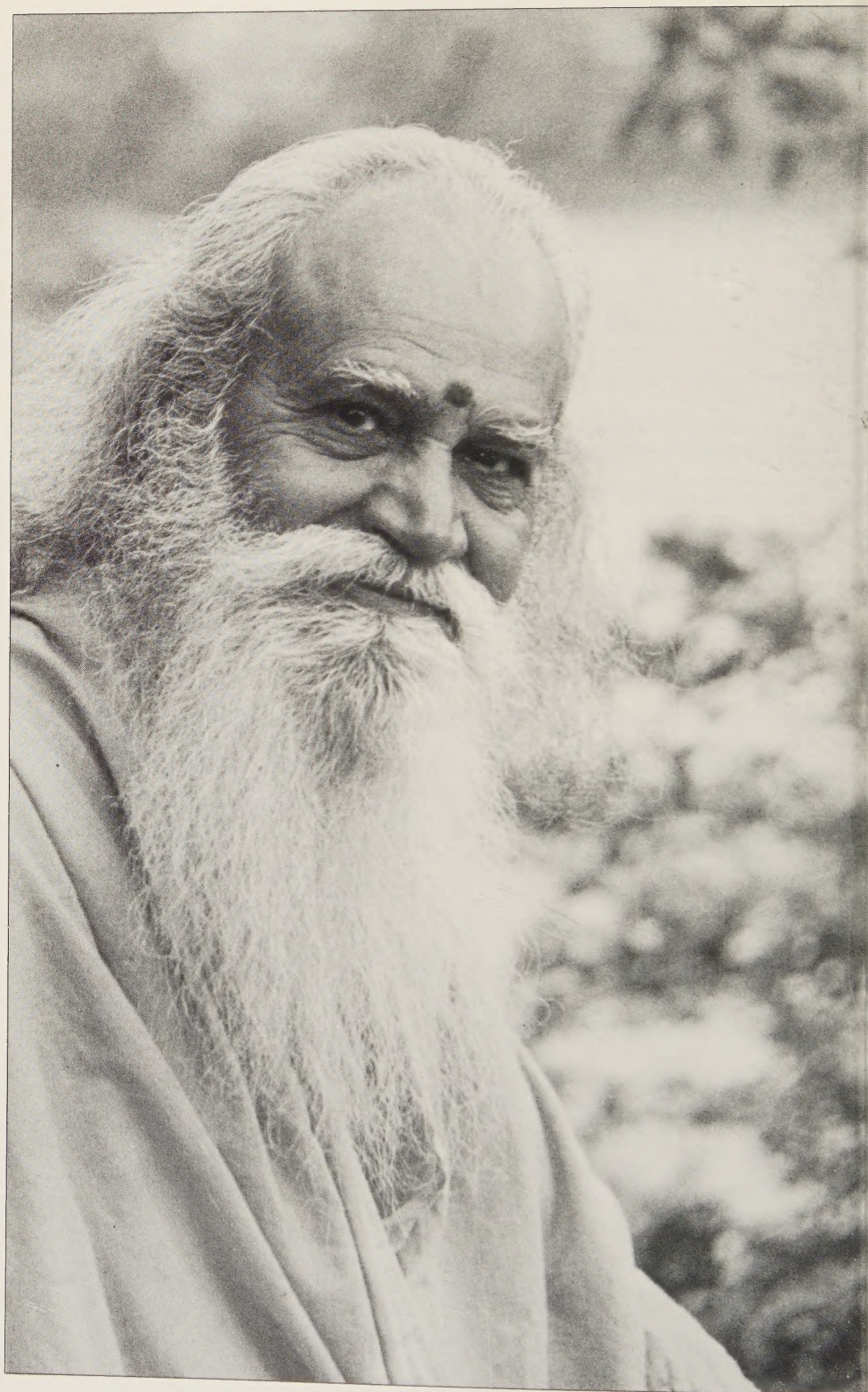
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